

Activity Report

Women's Day Celebration (Verse 2)

Academic Year: 2024-25

Name of Event: Verses of Symphony (Verse 2)

Date & Time of Conduction: 19/3/2025 (2 pm to 3.30 pm)

Targeted Audience: All Girl students and Women Staff

Venue: Convention Centre (CC)

Guest Lecture: Dr. Ashwini Sonalkar

Lecture Topic: Hormones in Harmony

Event Description In-Short:

As part of the Women's Day Celebration, a highly insightful guest lecture was conducted on the topic "**Hormones in Harmony**" by esteemed Ayurvedic doctor, **Dr. Ashwini Sonalkar**.

The session provided an in-depth understanding of the hormonal changes women experience throughout various stages of life and their impact on physical and emotional well-being.

Dr. Sonalkar emphasized the importance of hormonal balance and highlighted common signs of hormonal imbalances such as fatigue, mood swings, PCOS, and irregular cycles. She also discussed holistic lifestyle approaches—such as nutrition, sleep, stress management, and exercise—to support hormone health naturally, along with medical treatments and diagnostic tools available for women today.

The session was interactive, empowering, and well-received by all participants. Attendees appreciated Dr. Sonalkar's approachable style, expert insights, and practical advice. The event successfully raised awareness, encouraged open conversations around women's health, and left the audience feeling informed and inspired.

Course Outcome (Co-Po) for "Verses of Symphony (Verse 2)":

1. Understand the Fundamental Role of Hormones in the Female Body

- Participants will learn about key hormones such as estrogen, progesterone, testosterone, cortisol, insulin, and thyroid hormones.
- Gain clarity on the endocrine system and how hormones influence physical, emotional, and reproductive health.
- Understand hormonal changes through various life stages—puberty, menstruation, pregnancy, postpartum, perimenopause, and menopause.

2. Identify Symptoms and Causes of Hormonal Imbalance

- Recognize common signs of hormonal imbalance (e.g., irregular periods, fatigue, weight gain, acne, mood swings, PCOS).
- Explore contributing factors such as stress, poor nutrition, lack of sleep, and environmental toxins.
- Understand the connection between mental health and hormone regulation.

3. Apply Lifestyle Practices for Natural Hormonal Balance

- Learn how diet (e.g., phytoestrogens, anti-inflammatory foods), exercise, and sleep hygiene support hormonal health.
- Discover the importance of gut health, liver function, and stress management (e.g., mindfulness, yoga) in maintaining hormone harmony.
- Create a personalized wellness plan with simple, sustainable lifestyle changes.

4. Empower Participants to Take Charge of Their Hormonal and Reproductive Health

- Build confidence in understanding and managing one's own body.
- Encourage informed decision-making regarding reproductive choices, menstrual health, and menopause.
- Promote body positivity, self-care, and a supportive community dialogue around women's health.

5. Apply Lifestyle Practices for Natural Hormonal Balance

- Learn how diet (e.g., phytoestrogens, anti-inflammatory foods), exercise, and sleep hygiene support hormonal health.
- Discover the importance of gut health, liver function, and stress management (e.g., mindfulness, yoga) in maintaining hormone harmony.
- Create a personalized wellness plan with simple, sustainable lifestyle changes.

Event Photos:



Dr. Ashwini Sonalkar Felicitated by Principal Ma'am Dr. Vaishali Patil for an Empowering Guest Lecture on Women's



Guest Lecturer in Progress – Dr. Ashwini Sonalkar Addresses the Audience



Engaged Audience During the Guest Lecture on "Hormones in Harmony"

Prof. Asawari Bhalerao
ITSA Coordinator

Dr. Jyoti Surve
HoD(IT)